

Sample Materials for Home Visits

Sample guidelines for home visitors

HOME VISITS

We are delighted that you will be visiting with a child or adult with special needs and their families. These host families have indicated a willingness to meet with medical students and share their experiences with you. They are also willing to have a conversation about the kinds of things you have been discussing in the Human Context of Medicine course. We believe there are important things about being a physician that you can only learn through dialogue with patients and their families.

The visit will take about 2 hours.

BEFORE THE HOME VISIT

Please review the information in this packet, then do the following:

1. Select one of the following topics to discuss with your host family or identify a question in which you have particular interest. The choice of topics includes:
 - a. helpful patient/family/physician relationships
 - b. the family context of ill children
 - c. how a family deals with an uncertain future and what happens when a physician says "I don't know"
 - d. issues about facing disability or death
 - e. how "bad news" can be delivered in a helpful way
2. Before the visit, write one or two discussion questions about the topic. This will help you get the dialogue going with the family. Be sure to ask them to share their experiences with you.

DURING THE HOME VISIT

Do not wear your uniform or white coat and do not take notes. This is a conversation with a family, not a medical encounter. Do not spend too much time talking about the details of the medical condition. Do not offer any medical advice.

AFTER THE HOME VISIT

Write a two-page paper about the home visit that covers the following points:

1. Briefly describe the visit.
2. Identify the discussion topic you chose and explain what you learned about the topic from the family.
3. During and since the visit, what strengths, limitations, perspectives, and vulnerabilities did you learn about yourself regarding the topic?
4. How might you use these insights and perspectives in your clinical practice?

After your home visit, we invite you to attend a discussion group about the visit. We will schedule the discussion over lunch on a day that does not interfere with studying for exams. Lunch will be "brown bag." You will discuss the content of your paper, then hand it in. We will e-mail you with the date and location of the lunch discussion.

***Please treat the information you receive
from the patient and family as confidential.***

Sample home visit interview guide

Family Medicine Clerkship Home Visit—Case Study in Resources (Adults)
Janice L. Hanson, Ph.D.
Uniformed Services University of the Health Sciences

Person's name:

Age:

Diagnoses:

What healthcare needs do you have that require adaptation or management in your life at home and with your family?

In what ways do your health needs require adaptation or accommodation in your neighborhood or with friends?

What healthcare needs do you have that require special interventions or accommodations at work?

Which of the following services or interventions do you use or have you used in the past?

- ☐ Alternative medicine
- ☐ Counseling for you and/or your family
- ☐ Vocational programs or adaptations
- ☐ Equipment or special supplies
- ☐ Income assistance, such as Medicaid, WIC, SSI
- ☐ Medications
- ☐ Special diets or approaches to nutrition
- ☐ Occupational or physical therapy
- ☐ Support groups or organizations
- ☐ Support from friends or community groups
- ☐ Program for Person's with Disabilities (PFPWD)
- ☐ Respite care or support for a caregiver
- ☐ Speech therapy
- ☐ Legal support, access related to the ADA (Americans with Disabilities Act) or Section 504 of the Rehabilitation Act
- ☐ Child life therapy
- ☐ Tutors
- ☐ Religious communities

☐ Other: _____

6. Appendix

Sample home visit interview guide (cont'd)

What do you or your family have to do to make sure you get each of these services or interventions? Ideally, what would the physician's role be in helping to get or best use this service or intervention? (e.g. recommend the service, tell you how to find or obtain the service, write a prescription or clinical order or consult to get the service through TRICARE, coordinate with another physician, coordinate with someone at work, answer questions, suggest practical tips, work with you to adjust doses, etc.)

- ☐ Alternative medicine or alternative treatment strategies (specify):

What you do: _____

Physician's role: _____

- ☐ Counseling for you and/or your family: _____

What you do: _____

Physician's role: _____

- ☐ Vocational programs or adaptations: _____

What you do: _____

Physician's role: _____

- ☐ Equipment or special supplies (list): _____

What you do: _____

Physician's role: _____

Sample home visit interview guide (cont'd)

- ☐ Income assistance, such as Medicaid, WIC, SSI (specify): _____

What you do: _____

Physician's role: _____

- ☐ Medications (list): _____

What you do: _____

Physician's role: _____

- ☐ Special diets or approaches to nutrition (specify): _____

What you do: _____

Physician's role: _____

- ☐ Occupational or physical therapy (provided by whom?): _____

What you do: _____

Physician's role: _____

- ☐ Support groups or organizations: _____

What you do: _____

Physician's role: _____

- ☐ Program for Person's with Disabilities (PFPWD) (note what it provides): _____

What you do: _____

Physician's role: _____

6. Appendix

Sample home visit interview guide (cont'd)

- ☐ Respite care or support for a caregiver: _____

What you do: _____

Physician's role: _____

- ☐ Speech therapy (provided by whom?): _____

What you or the school has to do: _____

Physician's role: _____

- ☐ Legal support, access related to the ADA (Americans with Disabilities Act) or Section 504 of the Rehabilitation Act _____

What you do: _____

Physician's role: _____

- ☐ Other services covered by TRICARE (specify): _____

- ☐ Other services provided in the community (specify): _____

What you do: _____

Physician's role: _____

Which physicians have served as advocates to help you get the services that you need, and what did they do?

What role has your primary care physician played in coordinating the care that you need?

Sample guidelines for home visitors

Home Visit Information for Students

Welcome to the third-year medical student home visit program. The purpose of the home visit program is for medical students to learn about the resilience of families and children with special needs. You will also learn of the challenges and joys of raising a child with special needs. Your role will be to get to know this child and family, and to learn as much as you can about their lives and perspectives.

Student Goals

- to take part in a family activity and learn more about this family's home life
- to listen to the family
- to understand the medical, educational and social service needs of a family who has a child with special needs
- to learn about the parents' coping styles and the siblings' needs
- to see how the family relates to one another
- to learn about what activities the child enjoys
- to discover in a non-clinical setting the strengths of a family that lead to resilience
- to formulate and learn about a personal learning goal

Parent Goals

- to decide on an activity that the medical student can share with you and your family
- to be candid in sharing the history of your journey as a family who has a child with special needs
- to share with the student the activities and ups and downs of your daily home life
- to be warm and welcoming

Home Visit

This is not a clinical visit. Don't wear your uniform. You won't be writing a case history, so please don't take notes. Use your interpersonal skills to share and elicit information outside of a clinical setting from the children, parents or caregivers.

Your role is to be an active participant in your host family's life while being a careful observer. Ask questions and observe. As much as possible, try to become part of the family during the home visit. Participate fully in the activity the family has planned for you.

Preparing for the Home Visit

- Call the family whose name and number you received to schedule a home visit. ***Please call within one week of your orientation session.*** Allow about two hours to spend in the family's home. If you have difficulty contacting the family, please call Col. Randall or Dr. Hanson.

6. *Appendix*

Sample guidelines for home visitors (cont'd)

- Read the materials in this packet. Students and parents have received the same materials.

Guidelines for Students

- Be considerate and sensitive to your host family.
- Be considerate about keeping a scheduled time.
- Respect one another's differences.
- Be sensitive about discussing the child's disability in front of him or her or siblings.
- Remember that the confidentiality of a doctor/patient relationship applies to this visit.
- Relax and enjoy the visit!

If anything about the visit causes you concern, call COL Virginia Randall or Dr. Jan Hanson.

Sample guidelines for home visit hosts

Home Visit Information for Parents

Thank you for volunteering to share your family to help shape the attitudes of our future physicians. The purpose of home visits in the medical school curriculum is for medical students to learn how families become resilient and to understand some of the joys and challenges of raising a child with special needs.

Every six weeks a new group of military medical students from USUHS will be visiting families on an individual basis. This is an opportunity during their pediatric rotation. They have been instructed to visit a family for about two hours to learn about the life of a family who has a child with special needs. The medical students will be wearing civilian clothes and will not take notes during the visit. It is important for a host family to set a warm and positive tone for the visit. In effect, you are the teacher, they are the students and the subject is life in a family who has a child with special needs.

Again, thank you for sharing your family!

Student Goals

- to take part in a family activity and learn more about their home life
- to listen to the family
- to understand the medical, educational and social service needs of a family who has a child with special needs
- to learn about the parents' coping styles
- to learn about siblings' needs
- to see how the family relates to one another
- to see what activities the child enjoys
- to discover in a non-clinical setting the strengths of a family that lead to resilience
- to formulate and learn about a personal learning goal

Parent Goals

- to decide on an activity that the medical student can share with you and your family
- to be candid in sharing the history of your journey as a family who has a child with special needs
- to share with the student the activities and ups and downs of your daily home life
- to be warm and welcoming

Home Visit

Break the ice by welcoming the student into your home and exchanging personal background information. You may want to know where the student is from, whether he or she has chosen a specialty or why the student decided to become a doctor. Also, share some background information about your self and your family. This is a perfect time to get to know one another

6. Appendix

Sample guidelines for home visit hosts (cont'd)

and let the student visit or play with your child. The students might feel awkward at first, so help them relax and enjoy your child.

During the visit, plan an activity for the student to do with your child. This may be playing with a favorite toy, mealtime, a sports class or adapted play activity, giving medication, bath/bed time, or going on an errand. The student will walk away from this activity with a new perspective of a family who has a child with special needs.

Also talk about your child and family with the student. Family stories can provide a quick and easy way to give someone a good picture of your life. Try to think of events that provide “snapshots” of important times in the life of your family. Maybe it was the moment you first realized that your child’s condition would mean major adjustments. Or maybe it was the time you felt exhilaration in discovering a special talent of your child’s or finding an activity that brought pleasure to your child. Perhaps it was an incident that made you realize how strong your child or family has become, or possibly an event that illustrated a difficult period. Sharing these moments can be a powerful way to help the student get to know you and your child.

Preparing for the Home Visit

- Read the materials in this packet. Students and parents have received the same materials.
- Choose an activity in which you involve the student when s/he visits your home. Have a back-up activity in mind just in case your first choice doesn’t work out.
- Decide on three or four key points you want the student to understand during the visit. Decide whether you will tell a story, give a description, or involve the student in an activity in order to share these points.
- Remember that parents have the opportunity to plan the visit.

Guidelines for Parents

- Be considerate and sensitive to your students. Treat them as you would treat a member of your family.
- Be as flexible as you can about scheduling. A third year medical student’s schedule is also demanding.
- Respect one another’s differences.
- Relax and enjoy the visit!

If anything causes you concern about the visit, contact the home visit coordinator.